

March 04, 2009

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RE: Letter of experience at the Center for Reproductive Medicine, Cleveland Clinic.

I was appointed as an observer at the Center for Reproductive Medicine (CRM) under the supervision of Dr. Ashok Agarwal, one of the highly acclaimed researcher in the field of reproductive medicine. Being a part of his team was a dream come true for me. With this letter I would like to share my experience at the CRM.

I had served as an observer in the clinical field but being an observer at this research center was a completely different experience. I was completely new to the world of research when I joined this program but soon I became acquainted with the ongoing research projects with the help of fellow researchers and self learning. In a very short time, I was given an opportunity to be involved in a number of review articles. Till date I have authored five review articles and I am still involved in some more upcoming articles. I am greatly thankful to Dr. Agarwal who entrusted me with this huge responsibility. I have applied for residency and the publications on my CV have definitely helped me in getting a number of residency interviews.

The observership program at the CRM is very well organized. The entire faculty and staff are very supportive, helpful and friendly. This program provides varied and immense research experience in a very short time. From time to time we had lectures given by the guest speakers from all over the world and this definitely increased our knowledge and understanding in the field of reproductive medicine. I was fortunate to get a chance to attend the International Reproductive Medicine Symposium during my tenure which was really a great experience. Apart from these educational activities, research meeting are held every Friday morning. A lot of self learning is also required. Observers are also encouraged to come up with new research ideas. This is a real brain stimulating activity and at the same time helps to boost one's imagination. I have been fascinated by the level of understanding and collaboration amongst the members of the research group and this program has taught me to be a team worker. I will always remember what Dr. Agarwal says: "Nothing is impossible in this world. There is always a way of getting things done." I used to repeat his words in my mind when faced with challenges and this greatly increased my confidence and helped me to overcome every hurdle. This program has truly been a great learning experience for me. In my opinion it is a very distinct and one of the best programs in the United States.

The only drawback of this program which is in fact the disadvantage of being an observer is that the Cleveland Clinic policy does not allow observers to be a part of the lab work.

I would advice the prospective observers/research volunteers to get acquainted with the research that has been published by this program before joining the observership. This will definitely save time during observership and help achieve more in the short time period.

In the end I would like to thank Dr. Agarwal, Dr. Gupta, Dr. Sharma, all the research fellows and everyone at the CRM for supporting me in every possible way and making my stay at the Cleveland Clinic a memorable experience. I feel extremely fortunate to be a part of this highly renowned research group and would like to thank Dr. Agarwal for giving me this opportunity. I highly recommend this program to everyone who wants to learn and achieve something in the field of medicine.

Sincerely,

A handwritten signature in blue ink, appearing to read "N Surti". The signature is fluid and cursive, with the first letter of the first name being a large, stylized 'N'.

Nilopher Surti, M.B.B.S

List of Publications of Dr. Nilopher Surti
2008

Review Articles:

1. *Gupta, S., Surti, N., Metterle, L., Chandra, A., Agarwal, A. (2008):*
Antioxidants and female reproductive pathologies: an evidence based review.
Arch of Med Sci. (In Press)
2. *Chandra, A., Surti, N., Kesavan, S., Agarwal, A. (2008):*
Significance of oxidative stress in human reproduction.
Arch of Med Sci. (In Press)
3. *Gupta, S., Sharma, D., Surti, N., Kesavan, S., Khanna, P., Agarwal, A. (2008):*
Ovarian reserve testing: systematic review of the literature.
Arch of Med Sci. (In Press)
4. *Gupta, S., Metterle, L., Thakar, P., Surti, N., Chandra, A., Agarwal, A. (2008):*
Ovulation induction in PCOS.
Arch of Med Sci. (In Press)
5. *Gupta, S., Chandra, A., Choi, A., Surti, N., Agarwal, A.(2008):*
Newer treatment modalities in endometriosis: systematic review.
Arch of Med Sci. (In Press)